

Capitol Hill Fitness Center Group Exercise Schedule

MAY 2014

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00a		Bootcamp Kimberly	Indoor Cycle w/ TRX Susanne	Bootcamp Xavier	Indoor Cycle w/ TRX Effie	Bootcamp Xavier	Stone Mountain Walk* Check us out on www.meetup.com
11:30a		Body Flex Susanne	Dance Fit L'aina	Pilates Whitney	Body Flex Kimberly	Step & Flex Susanne	
12:30p		Step Susanne	Yoga Susanne	Zumba Gold Christy	Yoga StrX Terrell	TGIF Dance Party* Daniel	*New attendees should come 15 min early to review the line dances
3:30p		Indoor Cycle Steve	Belly Dance Ashley	Indoor Cycle Effie	Bootcamp Whitney	Indoor Cycle Effie	
4:15p		Zumba Tone Christy	Body Flex Susanne	Cardio Kickbox Ebony	Dance Fit L'aina		
5:15p		Body Flex Effie	Indoor Cycle Kimberly	Body Flex Effie	Indoor Cycle Steve		

Please bring a mat or towel and water bottle with you to class!!! All classes are in the 2nd floor Group Exercise Room unless otherwise noted.

We kindly ask that you BE ON TIME for classes as not to interrupt the instructor and to ensure you are properly warmed up to exercise.

Please be dressed in athletic shoes for classes (no flats or bare feet)!

*<http://www.meetup.com/American-Heart-Association-Walking-Clubs/Georgia-Dept-of-Public-Health-Stone-Mountain/> (please check schedule)



**Capitol Hill
Fitness Center**

Capitol Hill Fitness Center

Tel: 404-232-1573

capitolfitness@dph.ga.gov

Hours of operation

M-Th 6am - 7pm, Fr 6am -6pm

DPH Worksite Wellness

Susanne Koch

404-657-2566

10-245

